

PLANNING FITNESS

2024-2025

	9h30	10h 15 30	11h 15 30	12h 15 30	13h 15	17h 15	18h 15	19h 15	20h
LUN									
MAR									
MERC									
JEU									
VEN									
SAM									



Réveil
Musculaire



CrossTraining



Abdos



HiitCardio



BodySculpt



Stretching



Pilates



Aromathérapie



BodyPump



CAF
(Cuisses Abdos Fessiers)



Step



BodyCombat



BodyAttack



ZumbaFit